

NAVIGATING SOCIAL MEDIA WITH INTENTION

Social media can be a trap — reclaim reality and enjoy living offline more than on.

These are the ailments and injuries that social media causes:



The Highlight Reel Hangover
Forget the perfectly lit holiday pics and flawless faces. 'Reel life' isn't real life. Reality is messy and beautiful.

Own your story, flaws and all, and watch the "better life" mirage shatter.



The Streak Trap
Like a digital leash, streaks make you jump through hoops for fleeting validation. Stop dancing to the algorithm's tune.
Disconnect, breathe and remember, your worth isn't measured in disappearing dots.



The FOMO Frenzy
Endless videos of curated 'fun' can make you feel like you're missing out. But the truth? These are snippets, not reality.
'Spontaneous' videos can take hours of planning and work to make. And for what?



The Envy Epidemic
Newsfeeds painted with picture-perfect lives can make you green with envy. But those are curated moments, not reality.
There is always a struggle going on outside the picture frame.



The Echo Chamber of Hate
This platform can be a tornado of negativity and division. Don't get swept away.
Seek out diverse voices, engage in respectful dialogue, and remember, online personas are often just costumes.